

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



SMARTPOWER CLASSIC™ 6-SPEED BLENDER

SPB-6 Series

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

- 1. READ ALL INSTRUCTIONS BEFORE USING.**
- To protect against the risk of electrical shock, do not put motor base of blender in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from blender jar. **Never put hands into the blender jar or container, or handle the blades with appliance plugged in.**
- Avoid contact with moving parts.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to nearest Cuisinart service facility for examination, repair, and/or mechanical or electrical adjustment.
- The use of attachments, including canning or ordinary jars, not recommended or sold by Cuisinart may cause fire, electrical shock, or risk of injury to persons.
- Do not use outdoors.
- Do not let cord hang over edge of counter or table or touch hot surfaces.
- 10. Keep hands and utensils out of jar while blending, to reduce the risk of severe injury to persons or damage to blender itself.** A rubber or plastic spatula may be used but must be used only when the blender is turned off.
- When blender is in ON mode, and LED lights are glowing, do not touch cutting assembly, interfere with blade movement, or remove blender jar cover. Accidentally touching a speed button may activate the blender.
- 12. BLADES ARE SHARP. HANDLE CAREFULLY.**
- To reduce the risk of injury, never place cutting assembly on base unless the blender jar is properly attached.

- Always operate blender with the cover in place.
- Never leave your blender unattended while running.
- When blending HOT liquids, remove measured pour lid (center piece of cover) to allow steam to escape.
- Twist on locking ring firmly. Injury can result if moving blades accidentally become exposed.
- Do not use an extension cord with this unit. Doing so may result in fire, electrical shock, or personal injury.

Regarding your cord set: A longer cord has been provided so that you will have flexibility in positioning your Cuisinart® SmartPower Classic™ Blender near an electrical outlet. Exercise care when using the longer cord, to avoid entangling or tripping over the cord. The longer cord should be arranged so that it will not drape over the counter or tabletop, where it can be pulled on by children or tripped over. Excess cord should be stored in the cord storage area at the back of the blender base to avoid injury caused by the longer cord.

- Wash the blender jar, cutting assembly, locking ring, and cover before first use.
- WARNING: TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.**
- WARNING: FLASHING LIGHT INDICATES READY TO OPERATE. DO NOT TOUCH BLADES.**

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE:

This appliance has a polarized plug (one prong is wider than the other). To reduce the risk of electric shock, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

UNPACKING INSTRUCTIONS

1. Place the gift box containing your Cuisinart® SmartPower Classic™ 6-Speed Blender on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from top of corrugated insert. Next remove the top corrugated insert.
3. Remove the corrugated insert containing the blender base from box and set aside.
4. Carefully lift blender jar assembly. Be careful not to tip the jar when removing.
5. Remove any additional literature from the box.

To assemble the blender, follow the Assembly instructions on page 4 of this instruction booklet. Replace all corrugated inserts in the box and save the box for repackaging.

Before using for the first time: Wash all parts according to the Cleaning and Maintenance section on page 6 of this booklet to remove any dust or residue.

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INTRODUCTION

Now you don't need to guess which blending speed to use for your favorite drinks, smoothies, dips, soups or salsas! The Cuisinart® SmartPower Classic™ Blender makes it simple, putting the names of the 6 most common blending functions right around the dial. You'll love the instant ice crush capability, and the recipes in the back of this book are a great way to familiarize yourself with everything this powerful everyday blender can do!

FEATURES AND BENEFITS

1. Cover

Just press on. Tightfitting seal resists leakage.

2. 2-oz. Measured Pour Lid

Allows you to measure and add ingredients without removing the cover.

3. 48-oz. Glass Jar with Dripless Pour Spout

Has a unique, sturdy, widemouth design and a dripless pour spout for no-mess pouring.

4. Leak-proof Rubber Gasket (not shown)

Holds the glass jar snugly in position for safe operation.

5. High-quality Cutting Assembly with Patented Stainless Steel Blades

Is strong enough for all blender tasks, including tough jobs, from ice crushing to chopping delicate herbs.

6. Locking Ring

Is self-aligning so that the glass blender jar slides easily into position.

7. Heavy-duty Motor Base

Is so sturdy and stable, it will not "walk" on your counter – even during ice crushing!

8. 5-Speed Dial with Push-button Controls

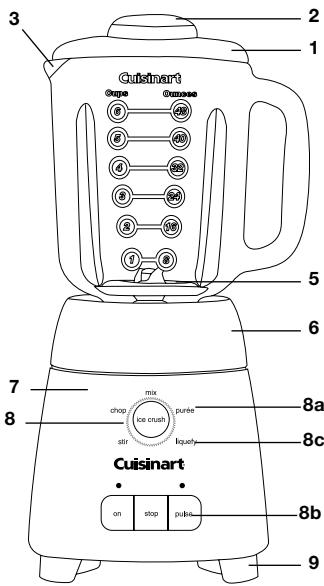
a. 5-Speed Dial Control

Choose from 5 speeds that include stir, chop, mix, purée and liquefy to blend ingredients to the desired consistency.

b. Pulse Button

Set the dial to the desired speed and press the Pulse button.

Pulse at any speed to blend ingredients only as much as needed.



c. Ice Crush Button

Press the ice crush button to begin crushing. This button is preset to the best speed for crushing ice.

9. Slip-proof Feet

Prevent movement during use and prevent damaging marks on countertops or tables.

10. Cord Storage (not shown)

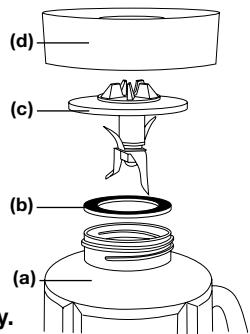
Keeps countertop safe and neat by conveniently storing excess cord.

USE AND CARE

ASSEMBLY

To use your Cuisinart® SmartPower Classic™ Blender, begin by assembling the blender jar.

1. Turn the blender jar (a) upside down, and place it flat on a sturdy surface.
2. Position the rubber gasket (b) on the round opening on the bottom of the blender jar.
3. Turn the cutting assembly (c) upside down, and place the blade end in the blender jar opening.
Note: Blades are sharp... handle carefully.
4. Secure the rubber gasket and cutting assembly into position by placing the smaller opening of the locking ring (d) on top of the cutting assembly. Engage threads by twisting the locking ring clockwise until tightened. Make sure locking ring is tightly fastened to blender jar. Once assembled, turn the blender jar right side up.
5. Push the cover onto the top of the blender jar. Push the measured pour lid into the cover.
6. Place the blender jar on the motor base so that the jar markings are facing you and the handle is positioned to one side.
7. Plug in power cord. Your blender is now ready to be used.



HELPFUL REMINDERS

- Once the cover is in position, additional ingredients can be added during blending by simply lifting the measured pour lid, adding ingredients, and replacing the measured pour lid.
- Cover should always be in place while the unit is on.
- Warning:** Do not place blender jar onto base while motor is running.
- Do not twist locking ring off blender jar when removing blender jar from base. Simply lift blender jar from motor base.
- Boiling liquid or solid frozen foods (with the exception of ice cubes or ½-inch [1.3 cm] pieces of frozen fruit) should never be placed in the blender jar.
- Do not place ice, frozen foods or very cold liquids into a blender jar which has come directly from a hot dishwasher.
- Do not place very hot liquids or foods into a blender jar which has come directly from the freezer. Boiling liquids should cool for 5 minutes before being placed in blender jar.
- Follow Cleaning and Maintenance instructions on page 6 prior to your first use.

OPERATION

- Place the motor base of your Cuisinart® SmartPower Classic™ Blender onto a flat, sturdy surface. It is important that the surface be clean and dry. Assemble the blender by following the assembly instructions. Once the jar is assembled and is in position on the motor base, plug the Cuisinart® SmartPower Classic™ Blender into an electrical outlet.
- Add all necessary ingredients to the blender jar, and replace the cover. You may add more ingredients by lifting the measured pour lid and dropping ingredients through the fill area. Replace the measured pour lid after adding ingredients. **Do not place hands into blender jar with blender plugged in. “ON” light will flash when unit is plugged in.**

Note: Add liquid ingredients first, then follow with solid ingredients. This will provide more consistent blending and prevent unnecessary stress on the motor.

QUICK REFERENCE GUIDE

To begin blending	Turn dial to desired speed and press the ON button for continuous blending.
To change speeds	While blender is running, turn dial to desired speed.
To pulse	Turn dial to desired speed and press the PULSE button.
To crush ice	Press and release ICE CRUSH button as needed.
To stop blending (and deactivate blender)	Press STOP button.
To stop blending (in pulse or ice crush mode)	Release button.

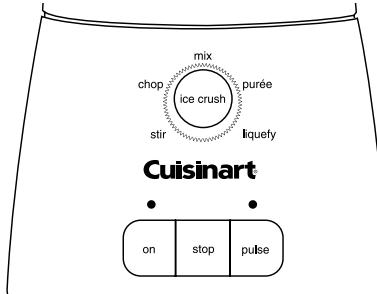
SPEED SELECTION GUIDE

Refer to this guide to choose the best speed for your desired result.

Ingredient/Recipe	Speed	Result
Reconstituting frozen juice concentrates	Mix	Smooth and full-bodied
Mayonnaise	Mix	Thick and creamy
Salad Dressings	Purée	Completely blended and emulsified
Nuts (shelled, ½ cup or less at a time)	Chop Pulse to chop	Coarse to fine
Heavy or whipping cream	Stir – pulse	Thick creamy topping
Bread, cookies or crackers (½-inch pieces, 1 cup or less at a time)	Purée – pulseblend	Coarse to fine as desired
Grating/chopping citrus zest (add 1-2 tsp. sugar or salt from recipe)	Purée – pulseblend	Uniformly fine
Smoothies, shakes, health drinks	Liquefy	Smooth, creamy and thick
Baby foods/fruit and vegetable purées	Liquefy	Smooth and creamy
Frozen cocktails	Liquefy	Thick and slushy
Hard cheeses	Purée – pulseblend	Coarse to fine
Spices	Purée/liquefy pulseblend	Coarse to fine
Ice	Ice crush, pulse or continuous	Coarse crush to snowy

Note: To remove blender jar cover, lift edge of cover upwards. Lifting measured pour lid will not remove cover.

3. **To start blending:** Choose a speed for blending your ingredients. Press the ON button for continuous blending. The LED light will illuminate when the blender is on.
4. **To stop blending:** To stop the blending process, push the STOP button.



5. **Pulse Mode:** The pulse mode allows you to create a burst of power for quick, efficient blending. To use the pulse function, choose a speed for blending your ingredients. Push and release the PULSE button. Repeat as desired. You determine the duration of each pulse. While you are pulsing, the LED indicator light will glow. The pulse function can be used to break apart larger pieces of food or to control the texture of food when chopping. The pulse function is also effective in starting the blending process when you do not want continuous power, or when processing items that do not require an extended amount of blending.

6. **To crush ice:** The Cuisinart® SmartPower Classic™ Blender motor is strong enough to crush ice without liquid at any speed; however, for your convenience, we have preset the best speed for ice crushing. To give you greater control, the ice crush function automatically operates as a pulse function. To crush ice, place ice cubes in the blender jar, and place the cover and the measured pour lid on the blender jar. Press the ICE CRUSH button. Press the ICE CRUSH button in short pulses until ice is crushed to desired consistency. See the Recipe Tips section on page 8 for more details.

7. **To dislodge food:** Use a rubber or plastic spatula to help remove food lodged around the cutting assembly. **DO NOT USE SPATULA UNTIL YOU HAVE TURNED THE BLENDER OFF BY PRESSING STOP BUTTON.** Replace the cover and measured pour lid and continue blending, if necessary. Make sure spatula is not inside the blender jar before blending.

8. **When finished blending:** Press the STOP button and unplug the blender from the electrical outlet. Never remove the blender jar from the motor base until the blender is off. Do not twist locking ring off blender jar when removing jar from motor base. Simply lift blender jar from motor base. **Do not place hands into blender jar with blender plugged in.**

CLEANING AND MAINTENANCE

Always unplug your Cuisinart® SmartPower Classic™ Blender from the electrical outlet before cleaning. The blender is made of corrosion-resistant parts which are easy to clean. Before first use and after every use, clean each part thoroughly. Periodically check all parts before reassembly. If any part is damaged or blender jar is chipped or cracked, **DO NOT USE BLENDER.**

Remove the blender jar from the motor base by lifting straight up and away. Twist off the locking ring by turning counterclockwise. Remove the cutting assembly and rubber gasket. Wash in warm soapy water, rinse, and dry thoroughly.

Place the locking ring in the upper rack of the dishwasher or wash in warm water.

CAUTION: Handle the cutting assembly carefully. It is SHARP and may cause injury. Do not attempt to remove blades from cutting assembly.

Remove the blender jar cover and the measured pour lid. Wash in warm, soapy water; rinse and dry thoroughly, or place in upper rack of dishwasher. The blender jar must be washed in warm, soapy water and rinsed and dried thoroughly. The blender jar can also be placed upside down in dishwasher.

Finally, wipe the motor base clean with a damp cloth to remove any residue, and dry thoroughly. Never submerge the motor base in water or other liquid, or place in a dishwasher.

Tip: You may wish to clean your blender cutting assembly as follows: Squirt a small amount of dishwashing liquid into assembled blender jar and fill halfway with warm water. Select Mix and run for 30 seconds, or as needed. Repeat, using clean tap water. Empty blender jar and carefully disassemble parts. Wash cutting assembly, gasket and locking ring in warm, soapy water. Rinse and dry all parts thoroughly.

DOs AND DON'Ts WHEN USING YOUR BLENDER

DO:

- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Always use the blender on a clean, sturdy and dry surface.
- **Always add liquid ingredients to the blender jar first, then add remaining ingredients. This will ensure that ingredients are uniformly mixed.**
- Cut most foods into approximately ½-inch (1.3 cm) to 1-inch (2.5 cm) cubes to achieve a more uniform result. Cut all cheeses into pieces no larger than ½-inch (1.3 cm).
- Use the measured pour lid to measure liquid ingredients such as alcohol. Replace measured pour lid after ingredients have been added.
- Use a rubber or plastic spatula as needed, only when the blender is turned off. Never use metal utensils, as damage may occur to the blender jar or cutting assembly.
- Place cover on firmly. Always operate the blender with the cover on.
- Make sure locking ring is tightly attached to blender jar.
- Always remove locking ring, cutting assembly, and rubber gasket before cleaning.
- When scraping the blender jar with a spatula, remove the food from the sides of the blender jar and place food in the center of the blender jar, over the cutting assembly.

- When chopping fresh herbs, garlic, onion, zest, bread crumbs, nuts, spices, etc, make sure the blender jar and cutting assembly are completely dry.
- Pulses should be short bursts. Space the pulses so the blades stop rotating between pulses. If food tends to stick to the sides of the blender jar when blending, pulse in short bursts.

DON'T:

- Don't store food or liquids in your blender jar.
- Don't place cutting assembly and locking ring onto motor base without the blender jar attached.
- Don't attempt to mash potatoes, knead heavy dough, or beat egg whites.
- Don't remove blender jar while unit is on. Keep the blender jar cover on the blender jar while blending.
- Don't twist locking ring from blender jar when removing blender jar from motor base. Simply lift blender jar from motor base.
- Don't overprocess foods. Blender will achieve most desired results in seconds, not minutes.
- Don't overload blender. If the motor stalls, press STOP button immediately, unplug the unit, and remove a portion of the food, then continue.
- Don't use any utensil inside the blender jar while the motor is on.
- Don't use any container or accessories not recommended by Cuisinart. Doing so may result in injury.
- Don't place hands inside the blender jar when blender is plugged in.
- Don't add boiling liquids or frozen foods (except ice cubes or ½-inch pieces of frozen fruit) to glass blender jar. Boiling liquids should cool for 5 minutes before being placed in blender jar.

RECIPE TIPS

The simple recipes that follow include some old Cuisinart favorites as well as some creative combinations that are sure to please your friends and family. Thanks to the superior ice crushing power of the Cuisinart® SmartPower Classic™ Blender, you'll also be able to make delicious frozen drinks.

Chopping Nuts: Place ½ cup shelled nuts in the blender jar and cover blender. Select Chop and pulse until desired chop is achieved. Pulse fewer times for coarsely chopped nuts. For best results process small amounts, ½ cup or less.

Bread, Cookie or Cracker Crumbs: Break or cut bread, cookies or crackers into pieces ½-inch or less in size. For best bread results, use day-old bread (drier bread works best). Place bread, cookie or cracker pieces in blender jar. Select Purée and pulse to chop, then blend continuously until desired texture of crumbs is achieved. For best results process 1 cup or less at a time.

Crushing Ice: Add up to 10 standard ice cubes to the blender jar. Cover. Press the Ice Crush button, using short bursts, 10 times, or until cubes are the consistency of snow. Press STOP button. Pulse fewer times if coarsely chopped ice is desired.

Grating Fresh Citrus Zest: For best results, blender jar and cutting assembly must be clean and dry. Remove zest from fruit in strips using a vegetable peeler; use a sharp knife to remove the bitter white pith from the underside of the zest. Cut strips in half. Process no more than 8 strips at a time (zest of 1 medium lemon). Add strips and 1 or more teaspoons of sugar or coarse salt (from recipe) to the blender jar. Cover blender jar. Select Purée; blend for 15–20 seconds. Press STOP button.

Baby Food: Combine ½ cup cooked vegetables, fruit or meat with 3–4 tablespoons liquid (water, milk, fruit juice, broth, or cooking liquid) from the family's meal in the blender jar. Select Liquefy. Blend for 15–20 seconds until a smooth purée is reached. Add more liquid as necessary and process further until desired texture is reached. For "junior" type foods, select Purée and use the pulse. Always consult with your pediatrician/family physician concerning the best foods for your baby and when to introduce new foods to his/her diet.

Grinding Hard Cheese: Cut cheese into ½-inch pieces; remove all outer hard rind. Place cheese in blender jar. Select Chop or Mix.

Pulse to chop cheese, 10–12 times, and blend until desired grind is reached. For best results, grind no more than 3–4 ounces of cheese at a time.

Grinding Spices: For best results, blender jar and cutting assembly must be clean and dry. Add ¼–½ cup of spices/seeds/peppercorns to blender jar. Select Chop and pulse 10–15 times. Then blend continuously until desired texture is achieved. Press STOP button.

Whipping Cream: If possible, chill blender jar and cutting assembly in refrigerator for 15 minutes. Add 1 cup heavy or whipping cream to blender jar. Cover jar. Select Stir (1-second pulses) 20–30 times until cream is thickened. (Do not overprocess – bits of butter will begin to appear.) If desired add 1 tablespoon sugar and 1–2 teaspoons of vanilla or other flavoring. Consistency will be that of a thickened but not fluffy whipped cream and is most appropriate for topping desserts or coffee drinks.

When using the Cuisinart® SmartPower Classic™ Blender to purée hot mixtures such as creamed soups and baby foods, strain the solids from the liquid, reserving the cooking liquid. Then place the cooked solids in the blender jar along with ½ to 1 cup of the reserved cooking liquid. Use the Pulse to chop, then blend until desired consistency/purée is reached. Blending hot mixtures is often better done in several batches.

Allow hot foods to cool slightly before blending to prevent steam build-up which may cause the lid to lift up from the blender jar. Cover top of covered blender jar with a clean dish towel and hold down gently before and while blending.

Keep your blender out on the counter within easy reach and you will be surprised how often you will use it.

Keep ice cubes made of juices, yogurt, milk or fruit purées on hand and use instead of plain ice to make smoothies and frosty beverages without diluting the drink.

For quick cleaning, add 1 cup of warm water and a drop of liquid dish soap to the blender jar. Cover and blend on Mix for 30–40 seconds. Discard the soapy water and rinse blender thoroughly before the next use.

Xanthan gum may be added to dressings and marinades to prevent separation.

RECIPES

Before starting any of these or your own recipes, make sure the Cuisinart® Smart Power Classic™ Blender is properly assembled. Follow the assembly directions on page 4 of this instruction booklet for correct blender assembly procedure.

Nutritional information is based on number of servings indicated. If a recipe produces a range of servings, it is based on the highest serving yield for that particular recipe. If a recipe has a lower fat option, that is the one used for nutritional analysis.

SMOOTHIES, SHAKES, FRAPPÉS, FROZEN BEVERAGES

Fresh Fruit Smoothie

Layers of fresh fruit blend in just seconds to make this all-fruit smoothie.

Makes six 8-ounce servings

- 1/2 cup orange juice
- 1 cup cantaloupe, cut into 1-inch pieces
- 1 cup raspberries (fresh or frozen)
- 3/4 cup pineapple chunks in 1-inch pieces (fresh or canned, drained)
- 1 cup navel orange segments, cut into 1-inch pieces
- 1 cup strawberries, hulled and halved
- 3/4 cup mango, cut into 1-inch pieces
- 1 medium banana, cut into 1/2-inch slices
- 1 cup ice cubes (about 6 standard)

Layer the ingredients in the blender jar in the order listed. Place cover on blender jar. Select Liquefy and process for 25–30 seconds until smooth.

Note: The riper the fruit, the sweeter the smoothie.

Nutritional information per serving:

Calories 101 (4% from fat) • carb. 25g • pro. 2g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 10mg • calc. 35mg • fiber 4g

Pomegranate & Strawberry Smoothie

With antioxidants and calcium, this delicious and refreshing smoothie is a great way to start the day. If desired, add a scoop of whey or soy protein powder.

Makes about 6 cups

- 1 1/2 cups pomegranate juice*
- 1 cup fat-free plain yogurt
- 2 tablespoons honey (or to taste)
- 12 ounces partially thawed frozen strawberries (let stand at room temperature for about 10-15 minutes before blending)

For garnish: orange or tangerine slices, fresh pomegranate seeds (about 1/2 tablespoon per serving).

Place all ingredients (except garnish) in blender jar. Select Liquefy and blend for about 20–30 seconds until smooth, creamy and homogenous. Serve as is, or garnish each serving with a wedge of orange or tangerine, and a sprinkling of fresh pomegranate seeds.

Nutritional information per serving (1 cup):
Calories 113 (3% from fat) • carb. 26g • pro. 3g • fat 0g
• sat. fat 0g • chol. 1mg • sod. 49mg • calc. 100mg • fiber 2g

*You may use either freshly made pomegranate juice or purchased pomegranate juice. To prepare fresh pomegranate juice in your Cuisinart® SmartPower Classic™ Blender, remove the seeds from a fresh pomegranate. Place in blender jar. Select Purée and blend until puréed. Press the purée through a fine mesh strainer to remove seed particles.

One average pomegranate will yield about 1/2 cup fresh pomegranate juice.

Berry, Pear & Ginger Smoothie

Makes about 6 cups

- 3/4 cup cranberry juice
- 3/4 cup pear nectar
- 2 pears, ripe but firm (about 1 pound total), peeled, cored, cut into 1-inch pieces
- 1 cup lowfat vanilla yogurt
- 3/4 cup frozen raspberries
- 1/2 teaspoon ginger (or 1/2 tablespoon candied ginger)
- 8 ice cubes

Place all ingredients in blender jar in order listed. Select Liquefy and blend for 30–35 seconds, until smooth, creamy and completely emulsified.

Serve garnished with fresh raspberries and mint leaves.

Nutritional information per serving (1 cup):

Calories 129 (5% from fat) • carb. 22g • pro. 2g • fat 1g
• sat. fat 0g • chol. 2mg • sod. 29mg • calc. 82mg • fiber 3g

Juice Bar Orange Smoothie

This calcium-rich smoothie makes a refreshing afternoon snack.

Makes 4 servings

4 strips orange zest, bitter white pith removed
2 tablespoons sugar
1 cup orange segments, cut into 1-inch pieces
1 cup fat-free milk
1 cup orange/tangerine juice blend
1/2 cup powdered fat-free milk
1 teaspoon powdered egg white
2 teaspoons vanilla extract
15 ice cubes

Place orange zest and half the sugar in blender jar. Select Purée and blend for 10–15 seconds. Add remaining ingredients to blender jar in order listed; cover blender jar. Select Liquefy, cover and blend until smooth and slushy, about 20–30 seconds. Serve immediately.

Nutritional information per serving:

Calories 130 (2% from fat) • carb. 26g • pro. 6g • fat 0g
• sat. fat 0g • chol. 3mg • sod. 89mg • calc. 219mg • fiber 1g

Basic Fruit and Yogurt Smoothie

A delicious drink for breakfast on the run. The fruits may be varied to suit your own taste. Add more calcium by using calcium-enriched orange juice.

Makes about 48 ounces

2 cups pineapple chunks
1 medium banana, cut into 1-inch pieces
1 cup orange juice
1 cup fat-free vanilla yogurt
2 cups frozen strawberries (do not thaw)

Place all ingredients in blender jar in order listed. Select Liquefy and blend until smooth and creamy, about 20 seconds. Serve immediately or refrigerate.

Nutritional information per serving (based on 6 servings):

Calories 105 (4% from fat) • carb. 25g • pro. 3g • fat 0g
• sat. fat 0g • chol. 1mg • sod. 23mg • calc. 76mg • fiber 2g

To-Fruitti Smoothies

Tofu is a great source of protein and a nice alternative to using dairy products in smoothies. Change the fruits to suit your own taste.

Makes 48 ounces

2 cups mango chunks (1-inch pieces), about 12 ounces
1 medium banana, cut in 1-inch pieces
1 cup orange, apple or other fruit juice
1 cup soy milk/beverage
1 tablespoon vanilla extract
1 cup silken tofu, cut into 1-inch pieces
2 cups frozen strawberries (do not thaw)

Place all ingredients in blender jar in order listed. Select Liquefy and blend until smooth and creamy, about 20 seconds. Serve immediately or refrigerate.

Nutritional information per serving (based on 6 servings):

Calories 135 (18% from fat) • carb. 25g • pro. 5g • fat 2g
• sat. fat 0g • chol. 0mg • sod. 10mg • calc. 63mg • fiber 4g

Dulce de Leche Shake

Makes about 6 cups

3 cups vanilla bean or French vanilla ice cream
1 1/2 cups milk (whole or reduced fat)
1/3 cup dulce de leche (a very thick, Spanish/South American “caramel sauce” which can be found in well-stocked grocery and specialty food markets)

Garnish: Sugared pecans, sliced fresh peach or strawberry

For an adult dessert drink, add bourbon, rum, brandy or liqueur such as amaretto or Frangelico – about 1/2 ounce per 3/4 cup shake.

Place ice cream, milk, and dulce de leche in blender jar in that order. Select Liquefy and blend until smooth, creamy, and homogenous, about 30–40 seconds.

Serve in chilled martini glasses as a dessert drink. Garnish with chopped sugared pecans and a slice of fresh peach or strawberry.

Nutritional information per serving (one cup):

Calories 262 (48% from fat) • carb. 29g • pro. 5g • fat 14g
• sat. fat 8g • chol. 48mg • sod. 114mg • calc. 186mg • fiber 0g

Monkey Doodle Shake

Chocolate, bananas and peanut butter are combined to make this creamy shake.

Makes 4 servings

2 cups lowfat milk
2 ripe bananas, cut into 1-inch pieces
2 cups lowfat chocolate frozen yogurt
3 tablespoons peanut butter
3 tablespoons chocolate syrup

Place all ingredients in blender jar in order listed. Cover blender jar. Select Liquefy and blend until smooth, creamy and thickened, about 1 minute. Serve immediately in tall glasses with straws.

Nutritional information per serving:

Calories 356 (28% from fat) • carb. 54g • pro. 11g
• sat. fat 5g • chol. 19mg • sod. 104mg • calc. 221mg • fiber 3g

Orange Mango Peach Frappé

Make your orange juice ice cubes ahead and be ready to make this or other smoothies when you want a refreshing treat.

Makes 4 servings

¾ cup orange juice
2 mangoes, peeled, cut in cubes
¾ cup peach slices (may use frozen)
½ cup peach or apricot nectar
or juice
¼ cup fresh lime juice
½ cup white grape juice
orange slices and fresh mint for garnish

Freeze orange juice in ice cube trays (¾ cup will make 7–8 standard ice cubes).

Place the mangos, peaches, nectar and juices in the blender jar in this order. Cover blender jar. Select Liquefy and blend until smooth, 20–30 seconds. Serve immediately.

Serve in chilled glasses garnished with orange slices and fresh mint sprigs.

Nutritional analysis per serving:

Calories 135 (3% from fat) • carb. 35g • pro. 1g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 5mg • calc. 23mg • fiber 3g

Note: For a frappé with a kick, substitute vodka or light rum for the white grape juice.

Mocha Frappé

Why go out for special coffee drinks when you can prepare them easily at home in your Cuisinart® SmartPower Classic™ Blender?

Makes 2 servings

8 ounces espresso or double-strength coffee, chilled *
¼ cup chocolate sauce
2 tablespoons flavored syrup – vanilla, hazelnut, almond, raspberry, etc.
15 ice cubes

Place all ingredients in blender jar in order listed. Cover blender jar. Select Liquefy and blend until smooth and slushy, about 30–40 seconds. Serve immediately in tall glasses. Garnish with a dollop of whipped cream if desired.

Nutritional information per serving:

Calories 138 (0% from fat) • carb. 33g • pro. 1g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 37mg • calc. 6mg • fiber 0g

For a creamy frappé, add 2 tablespoons half-and-half or fat-free half-and-half before blending.

* May be prepared from instant espresso powder.

Pink Grapefruit Berry Slushy

Makes about 4 cups

- 2 cups pink grapefruit wedges
(peel, pith, seeds and membrane removed)**
- 6 ounces cranberry juice**
- 1/4 cup orgeat syrup***
- 1/2 cup frozen raspberries or strawberries**
- 6 ice cubes**

Place all ingredients in blender jar in order listed. Select Liquefy and blend for 25–30 seconds until smooth and well blended. Serve immediately, garnished with a wedge of pink grapefruit, some fresh raspberries and a sprig of mint.

*Orgeat syrup is used in drinks such as a mai tai.

For an adult cocktail add 1/2 to 1 ounce Bitter Campari® or vodka per 3/4–1 cup slushy.

Nutritional information per serving (one cup):

Calories 97 (1% from fat) • carb. 24g • pro. 1g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 7mg • calc. 20mg • fiber 1g

Frosty Fresh Strawberry Margaritas

These are best made with summertime fresh strawberries. Use your favorite fruit to make other flavors such as mango, watermelon or fresh peach.

Makes 4 servings

- 1 pint fresh strawberries, hulled and halved (2 cups)**
- 3 ounces tequila (6 tablespoons)**
- 2 ounces Triple Sec or Cointreau (4 tablespoons)**
- 2 ounces fresh lime juice (4 tablespoons)**
- 3 tablespoons superfine sugar**
- 2 cups ice cubes**

Place all ingredients in blender jar in order listed. Select Liquefy. Blend until thick and smooth, about 30–40 seconds. Pour into stemmed glasses and serve. May be garnished with a whole strawberry and a lime slice.

Nutritional information per serving:

Calories 193 (2% from fat) • carb. 25g • pro. 1g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 5mg • calc. 21mg • fiber 2g

Note: For an alcohol-free Margarita, substitute 5 ounces fruit juice such as cranberry juice for the tequila and Triple Sec.

Simple Basic Frozen Daiquiri

Makes 8 servings

- 6 ounces frozen limeade**
- 5 ounces light rum**
- 3 cups ice cubes**

Place ingredients in blender jar in order listed. Cover blender jar. Select Liquefy and process until smooth and slushy, about 30–40 seconds. Serve immediately.

Nutritional information per serving:

Calories 92 (0% from fat) • carb. 14g • pro. 0g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 2mg • calc. 2mg • fiber 0g

For frozen fruit daiquiris, add 2–3 cups fruit (strawberries, peaches, melon, etc.) cut into 1-inch pieces. For a more pronounced fruit flavor, freeze the fruit and use in place of ice cubes.

Grasshoppers

Serve Grasshoppers as an after-dinner treat in chilled martini glasses. For a non-alcoholic version, use mint and clear chocolate syrups found in coffee bars.

Makes about 3 cups – about 6 servings

- 2 cups vanilla ice cream**
- 1/4 cup heavy cream**
- 4 ounces green crème de menthe**
- 4 ounces white crème de cacao**
- 6 ice cubes**

Garnish: Fresh mint leaves, chocolate cookies, mini chocolate morsels.

Place all ingredients in blender jar in order listed. Select Liquefy. Blend until smooth, creamy and completely homogenous – about 40 seconds.

Serve in chilled martini glasses. Garnish with chocolate cookies or mini morsels and a fresh mint leaf.

Nutritional information per serving:

Calories 369 (38% from fat) • carb. 38g • pro. 2g • fat 16g
• sat. fat 10g • chol. 58mg • sod. 64mg • calc. 84mg • fiber 0g

APPETIZERS, DIPS, SPREADS

Lemon Herb Hummus

This popular Middle Eastern spread is simple to make in your Cuisinart® SmartPower Classic™ Blender – we have spiced it up just a bit. Serve with pita wedges or use as a spread for sandwiches.

Makes about 2 cups

Preparation: less than 15 minutes

- 2-3 cloves garlic**
peeled strips lemon zest, $\frac{1}{2} \times 2$ inches each (zest of $\frac{1}{2}$ lemon), bitter white pith removed, cut in $\frac{1}{2}$ -inch pieces
- 1 teaspoon kosher salt**
- 1 teaspoon cumin**
- 1 tablespoon herbs de Provence or Mediterranean herb blend**
- 2 tablespoons fresh lemon juice**
- 4-6 tablespoons water**
- 1 can (19-ounce) chickpeas, drained, rinsed and drained again**
- 3 tablespoons tahini paste**
- $\frac{1}{4}$ teaspoon hot sauce such as Tabasco®**
- 2 tablespoons extra virgin olive oil**

Place the garlic cloves, lemon zest, and salt in the blender. Select Chop and pulse 10–15 times. Scrape the sides of the blender jar and add the cumin and herbs de Provence. Blend on Mix for 10 seconds. Scrape the sides of the blender jar and add the lemon juice, water, chickpeas, tahini and hot sauce in that order. Blend for 40 seconds; scrape the sides of the blender jar as necessary. Add the olive oil in a steady stream through the opening in the blender jar lid while blending on Purée for 20 seconds. Transfer the hummus to a bowl and let stand for 30 minutes before serving to allow flavors to develop. Hummus will keep covered in the refrigerator for up to a week.

Nutritional information per tablespoon:

Calories 23 (44% from fat) • carb. 2g • pro. 1g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 34mg • calc. 8mg • fiber 1g

Spinach Pesto & White Bean Dip

Serve this dip with crudités or pita chips as dippers.

Makes about 2 cups

- 1 tablespoon fresh lemon juice or white balsamic vinegar**
- $\frac{1}{2}$ cup pesto (made with spinach), below**
- 1 can (15-ounce) white beans, drained, rinsed and drained again**

Place ingredients in blender jar in order listed. Cover blender jar. Set on Mix and blend until smooth and creamy, about 30–40 seconds.

Nutritional information per serving (2 tablespoons):
Calories 53 (50% from fat) • carb. 5g • pro. 2g • fat 3g
• sat. fat 1g • chol. 1mg • sod. 13mg • calc. 31mg • fiber 1g

Pesto Sauce

Serve as a topping for hot pasta or to add flavor to dips, dressings, or other sauces.

Makes about $\frac{3}{4}$ cup

- 1 ounce Parmesan cheese, cut in $\frac{1}{2}$ -inch cubes**
- 1-2 cloves garlic, peeled**
- $\frac{1}{3}$ cup extra virgin olive oil**
- 1 cup fresh basil leaves, loosely packed ***
- 3 tablespoons lightly toasted pine nuts or walnuts**

Place cheese cubes in blender jar; cover blender jar. Set on Stir. Use Pulse to chop the cheese, 10–15 pulses. Remove and reserve cheese. Add garlic to blender jar; cover, pulse to chop, 10–15 pulses. Add remaining ingredients in order listed, including reserved cheese. Cover blender jar; blend on Liquefy until combined, about 30–40 seconds. Pesto may be stored in refrigerator in an airtight container. After placing in container, smooth over top, and drizzle to cover surface with additional olive oil to keep from turning dark. Stir oil in before using.

Nutritional information per serving (1½ tablespoons):
Calories 116 (87% from fat) • carb. 1g • pro. 2g • fat 12g
• sat. fat 2g • chol. 3mg • sod. 45mg • calc. 61mg • fiber 0g

***For spinach pesto:** Add $\frac{1}{2}$ teaspoon fennel seed and 2 teaspoons dried basil when chopping the garlic. Substitute 2 cups washed and dried baby spinach leaves for the basil.

HOT AND COLD SOUPS

Creamy Tomato & Red Pepper Bisque

Makes 8 servings

Preparation: 15 minutes active, 35–40 minutes total

1 **teaspoon unsalted butter**
1 **teaspoon extra virgin olive oil**
1 **small onion (4 ounces), peeled, cut into ½-inch pieces**
1 **rib celery (2 ounces), cleaned, cut into ½-inch pieces**
1 **carrot (2 ounces), peeled, cut into ½-inch pieces**
1 **tablespoon white rice**
1 **teaspoon basil**
2 **cups fat-free, low-sodium chicken or vegetable stock**
2 **cans (15½-ounce) recipe-ready diced tomatoes with juices**
2 **roasted red peppers, seeded**
½ **teaspoon kosher salt**
½ **teaspoon white pepper**
½ **cup half-and-half**

Heat the butter and olive oil in a 3¾-quart saucepan over medium low heat. Add the onion, celery, and carrot, cover loosely and cook until the vegetables are tender, 8–10 minutes. Stir in the rice and basil, and cook until rice is opaque, 2 minutes. Stir in the stock and tomatoes. Raise heat and bring to a boil. Lower the heat, cover loosely and simmer over low heat for 20–25 minutes. Turn off heat and let stand for 5 minutes.

Strain the solids from the cooking liquid, reserving the cooking liquid and returning it to the saucepan. Place the solids in the blender jar. Add roasted peppers and 1 cup of the cooking liquid to the blender jar. Select Purée. Pulse 10 times to chop, then process for 30–40 seconds until totally smooth and creamy. Add the salt, pepper, blend 5 seconds longer. Return the blended tomato mixture to the cooking liquid in the saucepan. Heat on medium until it just begins to simmer; then add the half-and-half. Do not allow to boil. The soup may be made ahead and reheated – if making ahead, do not add half-and-half until it is reheated.

Nutritional information per serving:

Calories 87 (28 % from fat) • carb. 13g • pro. 3g • fat 3g
• sat. fat 1g • chol. 7mg • sod. 367mg • calc. 47mg • fiber 3g

Cream of Asparagus Soup

Makes eight 6-ounce servings

Preparation time: 30–35 minutes

¾ **cup Italian parsley leaves, washed and dried**
3 **tablespoons unsalted butter**
⅔ **cup chopped onion or leek**
1 **pound asparagus, trimmed, cut into 1-inch pieces**
3 **cups fat-free, low-sodium chicken or vegetable stock or broth**
1 **cup half-and-half**
1 **tablespoon cornstarch**
1½ **cups cold water**
1 **teaspoon kosher salt**
½ **teaspoon white pepper**

Place the parsley in the blender jar. Place cover on blender jar. Select Chop and pulse until coarsely chopped, about 4–5 times. Remove and reserve.

Melt the butter in medium saucepan over medium heat. Add onion and cook until soft but not brown, about 2–3 minutes. Add asparagus, stock, and all but 1 tablespoon of the reserved parsley. Cover and bring to a boil over medium-high heat. Reduce heat to low and simmer, partially covered, until asparagus is tender, about 10–12 minutes.

Pour the soup through a strainer, reserving the solids and liquids. Allow to cool 5 minutes. Place the solids in the blender jar with 1 cup of the cooking liquid; return the remaining liquid to the saucepan. Cover blender jar and select Purée. Blend until creamy and smooth, about 25–30 seconds. Turn blender off. Return puréed vegetable mixture to the saucepan and stir to combine. Stir in half-and-half. Stir cornstarch into water, and add to soup. Add salt and pepper. Cook, stirring often, over medium heat, until soup thickens, about 6–8 minutes. Do not allow to boil. Taste and adjust seasonings as needed. Serve in warmed bowls garnished with the remaining parsley.

Nutritional information per serving:

Calories 98 (59% from fat) • carb. 7g • pro. 4g • fat 7g
• sat. fat 4g • chol. 19mg • sod. 510g • calc. 56mg • fiber 2g

ENTRÉES

Ricotta Spinach Pie

Somewhat like a crustless quiche, Ricotta Spinach Pie can be served with Rustic Tomato Sauce as a simple supper entrée.

Makes 8 servings

1	teaspoon extra virgin olive oil
½	ounce Asiago cheese, cut into ½-inch cubes
½	slice white or wheat bread (½ ounce) cut into ½-inch cubes
½	teaspoon dry basil
4	large eggs
2	cups fresh baby spinach leaves, packed (about 2½ ounces), washed and dried
3	cups lowfat ricotta cheese
½	teaspoon kosher salt
½	teaspoon freshly ground black or white pepper

Preheat oven to 350°F. Use a pastry brush to coat a 10-inch deep-dish pie plate with olive oil and set aside.

Place Asiago cheese cubes in blender jar; cover blender jar. Set on Purée and pulse 10–12 times to grind the cheese. Remove and reserve. Place bread cubes in blender jar, pulse 5–10 times to grind; add basil, blend for 5 seconds. Remove and reserve.

Place the eggs, spinach, ricotta, reserved Asiago cheese, salt, and pepper in the blender jar. Set on Liquefy and pulse 10 times, then blend for 15 seconds; use a spatula to scrape the sides of the blender jar. Blend for an additional 15–20 seconds. Pour the blended ricotta mixture into the prepared pie plate. Sprinkle evenly with the reserved breadcrumbs. Bake in the preheated 350°F oven for 45–50 minutes, until the custard is set and the pie is puffed. Remove and let rest for 5–10 minutes.

Cut into wedges to serve. Top with Rustic Tomato Sauce.

Nutritional information per serving:

Calories 182 (54% from fat) • carb. 6g • pro. 14g • fat 11g
• sat. fat. 6g • chol. 136mg • sod. 254mg • calc. 291g • fiber 0g

Rustic Tomato Sauce

Makes about 8 cups

1	tablespoon extra virgin olive oil
1	onion (8 ounces), peeled and cut into ½-inch pieces
2	carrots (4 ounces), peeled and cut into ½-inch pieces
2	ribs celery, trimmed and cut into ½-inch pieces
4	cloves garlic, peeled
1	teaspoon dried oregano
1	teaspoon dried basil
4	roasted red bell peppers, cut into 1-inch pieces
½	cup dry white wine (such as vermouth)
3	tablespoons tomato paste
3	cans (15-ounce) recipe-ready diced tomatoes with juices
½	teaspoon kosher salt
¼	teaspoon freshly ground black pepper

In a 3¾-quart saucepan, heat the olive oil over medium heat. Add the onion, carrots, celery, garlic, oregano and basil. Cover loosely and cook until the vegetables are softened, 6–8 minutes. Stir in the roasted red peppers, wine, tomato paste, and tomatoes. Bring to a boil, then reduce heat and simmer for 35–40 minutes, loosely covered. Uncover and simmer for 15–20 minutes longer to thicken. Turn off heat and let sit 5 minutes.

Strain the solids from the liquids, and return the liquid to the saucepan. Place the solids in the blender jar with ½ cup of the cooking liquid. Cover the blender jar. Select Purée and pulse 10 times to chop. Use a plastic spatula to scrape the sides of the blender jar. Blend for 30–40 seconds, until smooth. Return the puréed tomato mixture to the liquid in the saucepan and reheat gently over medium low heat. Add salt and pepper.

Nutritional information per half-cup serving:
Calories 48 (17% from fat) • carb. 8g • pro. 1g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 194mg • calc. 26mg • fiber 2g

DRESSINGS, VINAIGRETTES, MARINADES

Red Pepper Coulis

This coulis combines the sweet taste of the red pepper with its roasted counterpart to create a flavor-packed, yet healthy sauce, perfect for grilled vegetables, chicken and seafood.

Makes about 2 cups

- 2 pounds sweet red peppers (approximately 5 medium peppers)
- 5 cloves garlic, unpeeled
- 1 teaspoon unsalted butter
- 1 teaspoon extra virgin olive oil
- 1 shallot (about 1 ounce), finely chopped
- 2 tablespoons white wine
- 1 cup chicken stock or broth
- 1/4 teaspoon fresh lemon juice
- 1/4 teaspoon kosher salt
- freshly ground pepper to taste

Preheat oven to 425°F.

Place 2 of the 5 (or half the original amount) peppers on a baking sheet with 5 cloves of garlic. Roast in preheated oven for 15 minutes. Remove the garlic cloves and place in a small heatproof bowl. Return baking tray to oven and continue roasting peppers for an additional 30 minutes, turning peppers a few times to ensure even browning. When peppers are charred evenly, place in the bowl with the garlic and cover tightly with plastic wrap. Let peppers steam and cool to loosen skins, at least 30 minutes. Once cool, peel the skins and remove seeds and discard. Reserve cleaned peppers with peeled garlic cloves. (May store the peppers and garlic together in plastic food storage bag overnight in refrigerator). Chop the remaining peppers into 1-inch pieces.

Heat butter and olive oil in a 3-quart sauté pan over medium heat. Add chopped shallot and sauté for about 2 minutes, being careful not to pick up any color. Add the chopped raw peppers and stir to coat with oil. Reduce heat to low and cover. Allow peppers to sweat over low heat for about 30 minutes until tender, stirring occasionally. Remove lid from pan and increase heat slightly. Add wine and stir until liquid is mostly evaporated, about 2 minutes. Add chicken stock, bring to a simmer and reduce by half, about 5 minutes.

Place the cooked peppers with the reserved roasted peppers (discard garlic or reserve for later use) in the blender jar. Add salt and lemon juice. Select Purée and blend for about 30 seconds. Taste and adjust seasonings to your liking.

Nutritional information per serving (1/4 cup):

Calories 51 (21% from fat) • carb. 9g • pro. 2g • fat 1g
• sat. fat 0g • chol. 1mg • sod. 103mg • calc. 16mg • fiber 2g

Thai Peanut Sauce

An addictive sauce, traditionally used for chicken or beef satay – also delicious spooned over steamed rice or sautéed vegetables.

Makes about 1 cup

- 1 serrano chili, seeded and roughly chopped
- 1 clove garlic
- 1 inch piece of ginger, peeled and roughly chopped
- 1 cup roasted, unsalted peanuts
- 1/2 cup coconut milk (may use lite)
- 2 tablespoons soy sauce
- 2 tablespoons brown sugar, packed
- 1 tablespoon sesame oil
- 1 tablespoon thai red chili paste
- 1 tablespoon seasoned rice vinegar
- 2 teaspoons fish sauce

Place chili, garlic, and ginger in the blender jar. Select Chop, then pulse 3–4 times to roughly chop. Add remaining ingredients. Select Liquefy and blend for 20–30 seconds until smooth and thick.

Serve immediately; can be stored in refrigerator for a week.

Nutritional information per serving (1/8 cup):

Calories 152 (65% from fat) • carb. 9g • pro. 5g • fat 12g
• sat. fat 2g • chol. 0mg • sod. 252mg • calc. 71mg • fiber 2g

Creamy Caesar Salad Dressing

Traditional Caesar salads are made with crisp romaine lettuce, croutons, freshly grated Parmesan and a richly flavored dressing with garlic, anchovies and raw eggs. Our updated version uses a pasteurized liquid egg substitute and adds the flavor of balsamic vinegar for a little twist.

Makes about 1½ cups

- 1 ounce Parmesan cheese, cut in ½-inch cubes**
- 1–2 cloves garlic, peeled**
- 2 tablespoons pasteurized liquid egg substitute or lowfat mayonnaise**
- 1 tablespoon white balsamic vinegar**
- 1 tablespoon red wine vinegar**
- 1 tablespoon fresh lemon juice**
- 2 teaspoons Dijon-style mustard**
- 1 teaspoon Worcestershire Sauce**
- 1 anchovy fillet (or 1–2 teaspoons anchovy paste)**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- ½ cup vegetable oil**
- ½ cup extra virgin olive oil**

Place cheese in blender jar; cover blender jar. Select Purée. Pulse to chop, 10–12 times. Add garlic to blender jar; pulse to chop, 5–10 times. Add the next 9 ingredients and blend for 10 seconds until smooth. Combine the two oils in a measuring cup with pour spout. Remove the measured pour lid. With the blender running, slowly add the oils in a slow steady stream through the lid while holding the measured pour lid over loosely over the cover to prevent spatter. Blend until smooth and creamy, about 45–50 seconds. Allow dressing to sit for 15–20 minutes for flavors to blend. If not using immediately, place dressing in a covered airtight container and refrigerate for up to 3 days. If separation occurs, return dressing to blender jar, cover and blend on Purée for 5 seconds.

Nutritional information per serving (one tablespoon):

Calories 72 (93% from fat) • carb. 0g • pro. 1g • fat 8g
• sat. fat 1g • chol. 3mg • sod. 100mg • calc. 18mg • fiber 0g

Basic Vinaigrette

This basic vinaigrette is perfect for a crisp green salad. You may add herbs or use flavored vinegars.

Makes about 1½ cups, can be doubled or tripled

- 1 clove garlic, peeled**
- 2 tablespoons Dijon-style mustard**
- ½ cup wine vinegar**
- 1 teaspoon kosher salt**
- ½ teaspoon freshly ground pepper**
- ⅔ cup extra virgin olive oil**
- ⅔ cup vegetable oil**

Place the garlic in the blender jar and cover jar. Select Mix. Use the pulse to chop the garlic, 5 times. Add the mustard, vinegar, salt and pepper. Turn the blender on and blend for 10–15 seconds. With the blender running, add the oils in a slow, steady stream, taking about 20 seconds, then blend for 20 seconds longer until completely emulsified.

You may change the Basic Vinaigrette by using vinegar, mustard or oil with different flavors. Try using fresh lemon juice and a little honey for a honey-mustard vinaigrette. Add fresh herbs, sun-dried tomatoes, or pesto for other flavor changes.

Nutritional information per tablespoon:
Calories 109 (97% from fat) • carb. 1g • pro. 0g • fat 12g
• sat. fat 2g • chol. 0mg • sod. 86mg • calc. 1mg • fiber 0g

Asian Mango Marinade

This marinade complements both seafood and chicken. It also can double as a sauce**.

Makes 2½ cups

- 1 small clove garlic**
- 1 small shallot, about ¾ ounce, quartered**
- 1 inch piece fresh ginger, peeled and roughly chopped**
- 1 small serrano chile pepper, quartered, seeds and stem removed**
- 2 ripe, medium mangos**
- ½ cup + 1 tablespoon mirin**
- 1 tablespoon seasoned rice vinegar**
- 1 tablespoon lime juice**
- 1 teaspoon lime zest**

1 tablespoon fresh cilantro,
roughly chopped
½ teaspoon kosher salt

Place garlic, shallot, ginger, and chile in the blender jar. Select Chop, then pulse 3–4 times to roughly chop. Add remaining ingredients. Select Liquefy and blend for 20–30 seconds until smooth and thick.

****Note:** If you use the marinade as a sauce after it has been used on raw seafood or chicken, bring it to a boil for 5 minutes in a saucepan first.

Nutritional information per serving (¼ cup):

Calories 46 (2% from fat) • carb. 10g • pro. 0g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 70mg • calc. 8mg • fiber 1g

Cholesterol-Free Mayonnaise

The safest mayonnaise made at home is made with an egg substitute or liquid pasteurized egg product. Made with an egg substitute, it has the added advantage of being cholesterol-free.

Makes about ¾ cup

½ cup liquid egg substitute
or pasteurized liquid egg product
2 tablespoons wine vinegar
1 tablespoon extra virgin olive oil (mild in flavor)
1 teaspoon dry mustard
½ teaspoon ground white pepper
½ teaspoon kosher salt
¾ cup flavorless vegetable oil

Place egg substitute, vinegar, olive oil, dry mustard, pepper and salt in the blender jar. Cover blender jar. Select Purée and blend for about 5 seconds. With blender running, remove the measured pour lid, and add the vegetable oil in a slow steady stream, taking about 30–40 seconds to add the oil, holding the measured pour lid loosely over the opening to prevent spatter. The mayonnaise will thicken and emulsify as the oil is added, about 30–40 seconds. Turn blender off. Mayonnaise may be used immediately or placed in an airtight, covered container and refrigerated. Mayonnaise will thicken further when refrigerated.

Nutritional information per tablespoon:

Calories 126 (95% from fat) • carb. 0g • pro. 1g • fat 13g
• sat. fat 1g • chol. 0mg • sod. 32mg • calc. 6mg • fiber 0g

DESSERTS & SWEET SAUCES

Cookie Crust Pumpkin Pie

This traditional holiday favorite is made with a cookie crumb crust for a crunchy change.

Makes 12 servings

Crust:

⅔ cup pecan halves
45 vanilla wafers (may use reduced-fat wafers)
⅓ cup unsalted butter, melted

Pumpkin Filling:

2 large eggs
½ cup brown sugar
1 can (12-ounce) evaporated fat free milk
1 can (15–16 ounces, 1½ cups) solid pack pumpkin (not pie filling)
1 tablespoon cornstarch
¼ cup molasses
1 tablespoon vanilla extract
1 teaspoon cinnamon
1 teaspoon ginger
¼ teaspoon freshly grated nutmeg

Preheat the oven to 375°F.

Place the pecans in the blender jar; cover. Select Chop and pulse 8–10 times to chop finely. Remove and transfer to a 10-inch deep-dish pie plate. Place 15 cookies in the blender jar; cover. Select Liquefy and pulse 5 times to chop the cookies, then blend for 10 seconds to pulverize; add the cookie crumbs to the nuts in the pie plate and repeat with the remaining cookies. Stir the nuts and cookies with a fork to blend; add the melted butter and stir to combine. Press the cookie/nut mixture evenly onto the sides and bottom of the pie plate. Bake in the preheated 375°F oven for 5 minutes. Remove and let cool on a rack while continuing. Lower the oven temperature to 350°F.

Place the eggs and remaining ingredients in the blender jar in the order listed; cover the blender jar. Select Chop and blend until smooth, about 10–15 seconds. Pour the pumpkin mixture into the prepared cookie crust. Bake in the preheated 350°F oven for 55–60 minutes. Center of the pie may appear slightly jiggly – it will continue to set as the pie

cools. Place the pie on a rack and cool completely before serving. Refrigerate after completely cool.

Nutritional information per serving:

Calories 252 (41% from fat) • carb. 33g • pro. 5g • fat 12g
• sat. fat 4g • chol. 42mg • sod. 117mg • calc. 129mg • fiber 2g

Quick Berry Sauce

Makes 2 cups

12 ounces fresh or frozen, thawed strawberries or raspberries
1 cup red berry preserves
1 tablespoon sugar
1 tablespoon fresh lemon juice

Place all ingredients in blender jar; cover blender jar. Select Purée. Blend until smooth and completely puréed, 20 – 30 seconds. Strain mixture through a fine sieve to remove seeds; discard seeds. Store in an airtight container in refrigerator. Serve with desserts, pancakes or waffles.

Nutritional information per serving (based on 8 servings):

Calories 128 (0% from fat) • carb. 33g • pro. 1g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 5mg • calc. 14mg • fiber 2g

LIMITED THREE-YEAR WARRANTY

This warranty supersedes all previous warranties on Cuisinart® SmartPower Classic™ 6-Speed Blenders. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® SmartPower Classic™ 6-Speed Blender that was purchased at retail for personal, family, or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® SmartPower Classic™ 6-Speed Blender will be free of defects in material or workmanship under normal home use for three years from the date of original purchase. We suggest that you complete and return the enclosed warranty registration card promptly to facilitate verification of the date of original purchase. However, return of the warranty registration card is not a condition of this warranty and does not eliminate the need for the consumer to maintain the original proof of purchase. In the event that you do not have the proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture. If your blender should prove to be defective within the warranty period, we will repair it (or, if we think it necessary, replace it) without charge to you.

To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190, or write to:

Cuisinart
150 Milford Road
East Windsor, NJ 08520

To facilitate the speed and accuracy of your return, please also enclose \$10.00 for shipping and handling of the product. Please also be sure to include a return address, daytime phone number, description of the product defect, product serial number (stamped on bottom of product base), and any other information pertinent to the product's return. Please pay by check or money order. (California residents need only supply proof of purchase and should call 1-800-720-0190 for shipping instructions). Your Cuisinart® SmartPower Classic™ 6-Speed Blender has been manufactured to strict specifications and has been designed for use with the Cuisinart® SmartPower Classic™ 6-Speed Blender accessories and replacement parts. These warranties expressly exclude any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart. These warranties do not cover any damage caused by accident, misuse, shipment, or other than ordinary household use. These warranties exclude all incidental or consequential damages. Some states do not allow the exclusion of or limitation of incidental or consequential damages, so the foregoing limitation may not apply to you.

California residents may also, at their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 1-800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

Before Returning Your Cuisinart® Product If you are experiencing problems with your Cuisinart® product, we suggest that you call our Consumer Service Center at 1-800-726-0190 before returning the product for servicing. Often, our Consumer Service Representatives can help solve the problem without having the product serviced. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

*** Important:** If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

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